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OPT WORKSHOPS

It’s time again for OPT! The ISS Office will be holding a series of OPT workshops during the Fall semester. If you are graduating this December and are planning to apply for OPT, you are strongly encouraged to attend these helpful workshops.

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<th>When</th>
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<tr>
<td>Oct. 2</td>
<td>212 Classroom Building</td>
<td>5:30pm – 7:30pm – TODAY!</td>
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<td>Oct. 16</td>
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<td>Nov. 6</td>
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<td>Nov. 20</td>
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When you’re ready to apply, visit the ISS Office to meet with an advisor. As always, you can contact us any time with questions – su-iss@okstate.edu or 744-5459.

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TULSA STATE FAIR

*When:* Thursday, October 1 – Sunday, October 11  
*Where:* Expo Square  
*Address:* 4145 E. 21st St., Tulsa 74114 ([map](#))  
*Admission:* $6 – $10 (see website for details)

The Tulsa State Fair is the city’s largest family event, providing educational experiences and entertainment during an 11-day span. Jam-packed with fun, games, food, rides, attractions and exhibits, this historical event is based upon heritage, family values and quality entertainment for all ages. The Tulsa State Fair has over 100 years of history and continues to stand out as one of the premier fairs in the country, with an estimated attendance of over a million!

Visit the Fair’s website [here](#) for more information about ticket prices, attractions, competitions, and more!
OKLAHOMA REGATTA FESTIVAL

**When:** Thursday, October 1 – Sunday, October 4  
**Where:** Devon Boathouse  
**Address:** 725 S. Lincoln Blvd., Oklahoma City 73129

Oklahoma City’s premier fall event, the 2015 Oklahoma Regatta Festival will take place Oct. 1-4 in the Boathouse District. The four-day celebration of rowing, kayaking, dragon boating and family fun includes the blū Lounge, Oklahoma City University Head of the Oklahoma racing, OGE NightSprints, and a family festival featuring a children’s area, fireworks, food from some of Oklahoma City’s best restaurants, a beer and wine garden and a front row seat for all the racing!

For more information, visit [boathousedistrict.org](http://boathousedistrict.org).

PASEO ARTS DISTRICT GALLERY WALK

**When:** Friday, October 2 – Saturday, October 3  
**Times:** Friday, 6:00pm – 10:00pm; Saturday, 12:00pm – 6:00pm  
**Where:** Paseo Arts District  
**Address:** 3022 Paseo St., Oklahoma City 73103

The Paseo Arts District First Friday Gallery Walk is held on the first Friday and Saturday of every month. Admission is **FREE** and open to the public. Over 60 artists in more than 17 galleries participate, all within walking distance. Four to six Art Opening Receptions on Friday night showcase the new work of the gallery/studio owners or the work of guest artists. It is a must see and do for visitors and locals alike!

Visit the Paseo Arts District [website](http://www.paseoartdistrict.com) for details.
FRIDAYS, FOOD TRUCKS & TUNES

When: Friday, October 2 from 6:00pm – 10:00pm
Where: Downtown Stillwater (7th and Husband St.)

Head out to downtown Stillwater for Fridays, Food Trucks & Tunes. Tonight, wear orange and come out for the OSU football pre-game pep rally! Check out the Downtown Stillwater website for details.
COWGIRL SOCCER

*When*: Friday, October 2 at 7:00pm  
*Where*: Cowgirl Soccer Complex  
*Admission*: FREE for OSU Students!!

Come on out and support the Cowgirls as they take on the Texas Tech Red Raiders! The game is FREE for all students with an OSU ID card! Visit [okstate.com](http://okstate.com) to buy tickets, to get more info, or to see schedules for other OSU sporting events.

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BOTANIC GARDEN MUM SALE

*When*: Saturday, October 3 from 9:00am – 2:00pm  
*Where*: OSU Botanic Garden  
*Address*: 3300 W 6th St.

Come out to the OSU Botanic Garden to purchase beautiful “Orange Power” mums and support Friends of The Botanic Garden! The cultivar ‘Olivia’ is just starting to bloom and will add a splash of autumnal color to the garden or indoor décor. Mum prices are $15 each, 2 mums for $25, or the best buy at 5 mums for $50 and there will also be pumpkins to purchase. Cash or checks will be accepted.
**GAMEDAY AT THE UNION**

*When:* Saturday, October 3 from 12:00pm – 2:00pm  
*Where:* NE Corner of the Student Union

GameDay at the Union (GDAU) begins three hours prior to kick off on OSU home football game days. Located on the northeast corner of the Student Union just off of Hester Street, GDAU is a family-friendly event featuring free activities such as a bounce house, OSU tattoos, tailgating games, a poster making station and giveaways. It's the perfect way to kick off game day on the OSU campus!

**OSU FOOTBALL – SPIRIT WALK**

*When:* Saturday, October 3 at 1:00pm  
*Where:* Student Union Plaza (corner of Hester St. and Morrill Ave.)

Come out and cheer the Cowboys in OSU’s traditional Spirit Walk! Watch the Cowboy Marching Band and support the team as they walk from the Student Union to Boone Pickens Stadium along Hester St. There’s no better way to prepare for the game than this exciting event! **GO POKES!!!**
OSU FOOTBALL

When: Saturday, October 3 at 3:00pm
Where: Boone Pickens Stadium
Admission: $90 (single-game ticket price)

Watch the Cowboys take on the Kansas State Wildcats as they continue their undefeated season! If you can’t make it in person, the game will be broadcast on TV on Fox Sports Network and radio on Cowboy Sports Network (93.7 FM). Visit okstate.com to buy tickets, to get more info, or to see schedules for other OSU sporting events.
OSU ART FACULTY EXHIBITION

When: Thursday, October 1 – Friday, October 23
Times: Monday – Friday, 8:00am – 5:00pm; Saturday, 12:00pm – 5:00pm
Where: Gardiner Art Gallery in the Bartlett Center
Admission: FREE!!

Featuring recent work of full-time, adjunct, and retired faculty of Oklahoma State University's Department of Art, Graphic Design and Art History, this exhibition features artwork representing the full spectrum of areas in studio art and design including traditional drawing, painting, sculpture, metal work, graphic design, video, and digital animation. This exhibition offers an opportunity for students to see the talents of their professors, who challenge and inspire and nurture innovation and creativity in their students, and are equally committed to sharing their work with the general public.
INTERNATIONAL EXPO

*When*: Wednesday, October 7 from 11:00am – 2:00pm  
*Where*: International Mall (between Noble Research Center & Edmon Low Library)  
*Admission*: FREE!!

The International Student Organization (iSo) invites you to its annual International Expo coming up on Wednesday, October 7. Area club members from around the world will offer authentic food and souvenirs from their own country for sale, as well as occasional performances of ethnic dance and music. The Expo is a fun and tasty way to find out more about the different cultures of other countries!

COWGIRL SOFTBALL

*When*: Wednesday, October 7 at 5:00pm  
*Where*: Cowgirl Stadium (at the corner of Duck St. and McElroy Rd.)  
*Admission*: $5

Come cheer on the Cowgirls as they take on the Butler CC Grizzlies! Tickets can be purchased at the game and cost $5. Visit okstate.com for more info.

COWBOY STAMPEDE RODEO

*When*: Thursday, October 8 – Saturday, October 10  
*Times*: 7:00pm  
*Where*: Payne County Expo Center  
*Address*: 4518 Expo Circle East (map)  
*Admission*: $5 with OSU ID card

The OSU Rodeo Team and the College of Agricultural Sciences and Natural Resources are proud to present the inaugural Cowboy Stampede Rodeo! Performances will take place each evening. This is the first time in nearly 30 years that OSU has hosted a rodeo. The Cowboy Stampede will include special guest appearances by OSU President Burns Hargis and First Cowgirl, Ann; DASNR Vice President Thomas Coon and wife, Rhonda; Provost Gary Sandefur; and more!

The Cowboy Stampede is sanctioned by the National Intercollegiate Rodeo Association. The NIRA includes 11 national regions, and OSU participates in the Central Plains Region, which features 28 colleges and universities from Kansas and Oklahoma, totaling more than 500 regional competitors. Each evening’s performance will feature 10 events. The athletes will be competing as individuals and as a team. Championship buckles will be presented to event and all-around winners at Saturday night’s championship performance.

For more information, contact Cody Hollingsworth at cody.hollingsworth@okstate.edu.

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FREE FLU SHOT CLINIC

When: Wednesday, October 14
Times: 8:00am – 3:00pm
Where: Student Union Basement (Cowboy Underground)

OSU Health Services will be offering FREE flu shots to students.
**TAI-CHI CHUAN FUNDAMENTALS**

*When:* Tuesdays, from October 6 – November 24  
*Times:* 5:30pm – 6:30pm  
*Where:* Colvin Dance Studio 2  
*Registration Fee:* $50 – students; $60 – non-students

Commonly called Tai Chi or Taiji, it is an exercise that employs slow intentional movements, breathing techniques, and a rich array of cognitive tools (e.g. focused body awareness, imagery) to strengthen, relax and integrate the body and mind. Tai Chi is practiced for health, personal development and self-defense.

The fundamentals class introduces students to the fundamental principles of Tai Chi, including relaxed and mindful movement, proper structural alignment, and breath awareness. Students learn a foundational set of qigong (chi kung) exercises as well as the core movements from the Tai Chi short form. Tai Chi walking is also introduced.

Registration Information: Register in the Colvin Recreation Center or Seretean Wellness Center, call 405-744-5510 or email wellness@okstate.edu. This program is open to students, employees and Wellness community members.

NOTES: This program may be canceled if minimum registration limits are not met. Any applicable refunds will be issued in that event.

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**LASSO CENTER**

*Where:* 021 Classroom Building

The LASSO Center is dedicated to helping all OSU students succeed as they transition into college and throughout their college experience. Our staff works to empower students to take an active role in their learning experience by fostering the development of critical thinking, active learning and increased self-awareness through collaborative partnerships with LASSO Tutors, Academic Success Coaches and Supplemental Instruction Leaders. LASSO provides **FREE** academic assistance through:

- Supplemental Instruction  
- Academic Success Coaching  
- Tutoring  
- Student Success Workshops

Visit [lasso.okstate.edu](http://lasso.okstate.edu) for more information or call 405-744-3309.

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